

Visible Thought: The New Psychology of Body Language



Visible Thought: The New Psychology of Body Language by Geoffrey Beattie

★★★★☆ 4.2 out of 5

Language : English

File size : 1061 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 217 pages



Body language is a powerful form of communication that can reveal our thoughts and emotions, even when we're not aware of it. In his new book, *Visible Thought*, Dr. David Givens reveals the latest scientific research on body language and shows how we can use it to improve our communication skills, build stronger relationships, and achieve greater success.

The Science of Body Language

Dr. Givens' research has shown that body language is a complex and multifaceted form of communication that can convey a wide range of messages. Our body language can reveal our emotions, our thoughts, our attitudes, and our intentions. It can also influence the way others perceive us and the way they interact with us.

One of the most important things to understand about body language is that it is not always conscious. In fact, much of our body language is automatic and unconscious. This means that we may not be aware of the messages that our body is sending, but others are likely to pick up on them.

How to Use Body Language to Your Advantage

Once you understand the basics of body language, you can start to use it to your advantage. By paying attention to your own body language and the body language of others, you can improve your communication skills, build stronger relationships, and achieve greater success.

Here are a few tips for using body language to your advantage:

- **Be aware of your own body language.** The first step to using body language to your advantage is to become aware of your own body language. Pay attention to the way you stand, sit, and move. Notice the expressions on your face and the gestures you make. Once you are aware of your own body language, you can start to make changes to improve it.
- **Pay attention to the body language of others.** Once you are aware of your own body language, you can start to pay attention to the body language of others. This will help you to understand what they are thinking and feeling, even if they don't say it out loud. Paying attention to body language can also help you to avoid misunderstandings and build stronger relationships.
- **Use body language to communicate your messages.** Body language can be used to communicate a wide range of messages. You can use body language to express your emotions, your thoughts, your

attitudes, and your intentions. By using body language to communicate your messages, you can make yourself more clear and persuasive.

Body Language and Success

Body language can play a major role in your success. Studies have shown that people who are good at reading and understanding body language are more likely to be successful in their careers. They are better able to build relationships, negotiate deals, and close sales.

If you want to achieve greater success in your career, it is important to develop your body language skills. By understanding the basics of body language and using it to your advantage, you can make yourself more confident, persuasive, and successful.

Body language is a powerful form of communication that can reveal our thoughts and emotions, even when we're not aware of it. By understanding the basics of body language and using it to our advantage, we can improve our communication skills, build stronger relationships, and achieve greater success.

Dr. David Givens' book, *Visible Thought*, is a valuable resource for anyone who wants to learn more about body language and how to use it to their advantage.

Free Download your copy of *Visible Thought* today!

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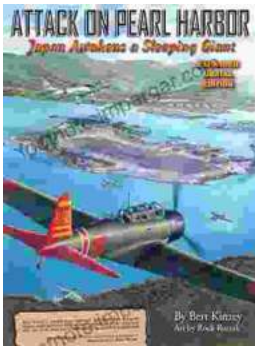
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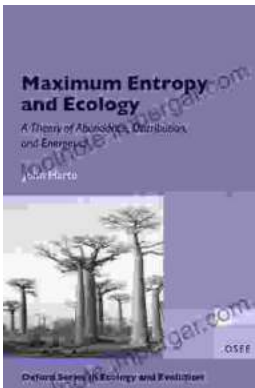


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